

# Enabling Canadians to Support Caregivers by Strengthening Care Connections



BY  
 Pallium Canada

Presenters: Bonnie Tompkins

Date: February 15, 2022

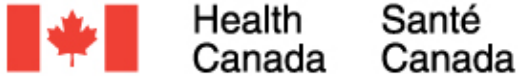
# The Palliative Care ECHO Project

The Palliative Care ECHO Project is a 5-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

**Stay connected: [www.echopalliative.com](http://www.echopalliative.com)**

# Thank You

The Palliative Care ECHO Project is supported by a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.



# Introductions

## Presenters

**Bonnie Tompkins BPH**

Compassionate Communities National Lead  
Pallium Canada

# Territorial Honouring



# Welcome and Reminders

- Please introduce yourself in the chat!
- Your microphones are muted. There will be time during this session for questions and discussion.
- You are also welcome to use the Q&A function to ask questions
- Use the chat function if you have any comments or are having technical difficulties.
- This session is being recorded and will be emailed to registrants within the next week.
- Remember not to disclose any Personal Health Information (PHI) during the session

# Learning Objectives

By the end of the session, participants will be able to:

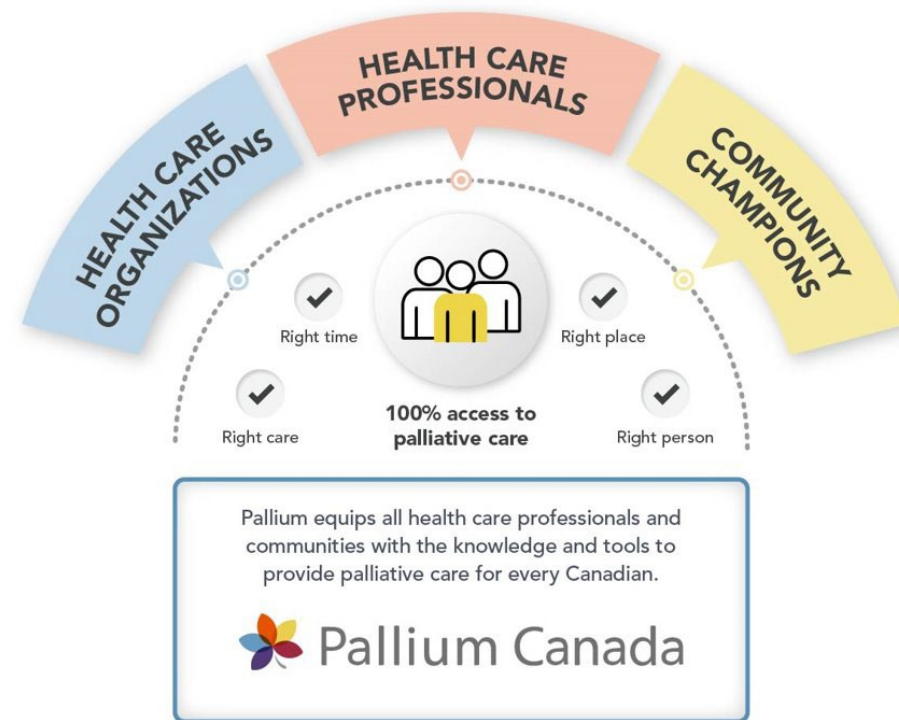
Understand the  
importance of social  
connection

Understand how  
increasing social  
connections can  
support caregivers

Awareness of  
resources to increase  
social connection

# About Pallium Canada

- National, non-profit founded in 2000
- Building capacity
- Transforming practice and settings
- Research and technology-driven solution provider
- Empowering communities





# Agenda

- The importance of care connections
- The Care Connections Program
- Atlas CareMap Tool
- Who should use these resources
- How you can engage with the Care Connections Program
- Learn how to create an Atlas CareMap

# Polling Question

**Select the category below that best describes you?**

(select all that apply)

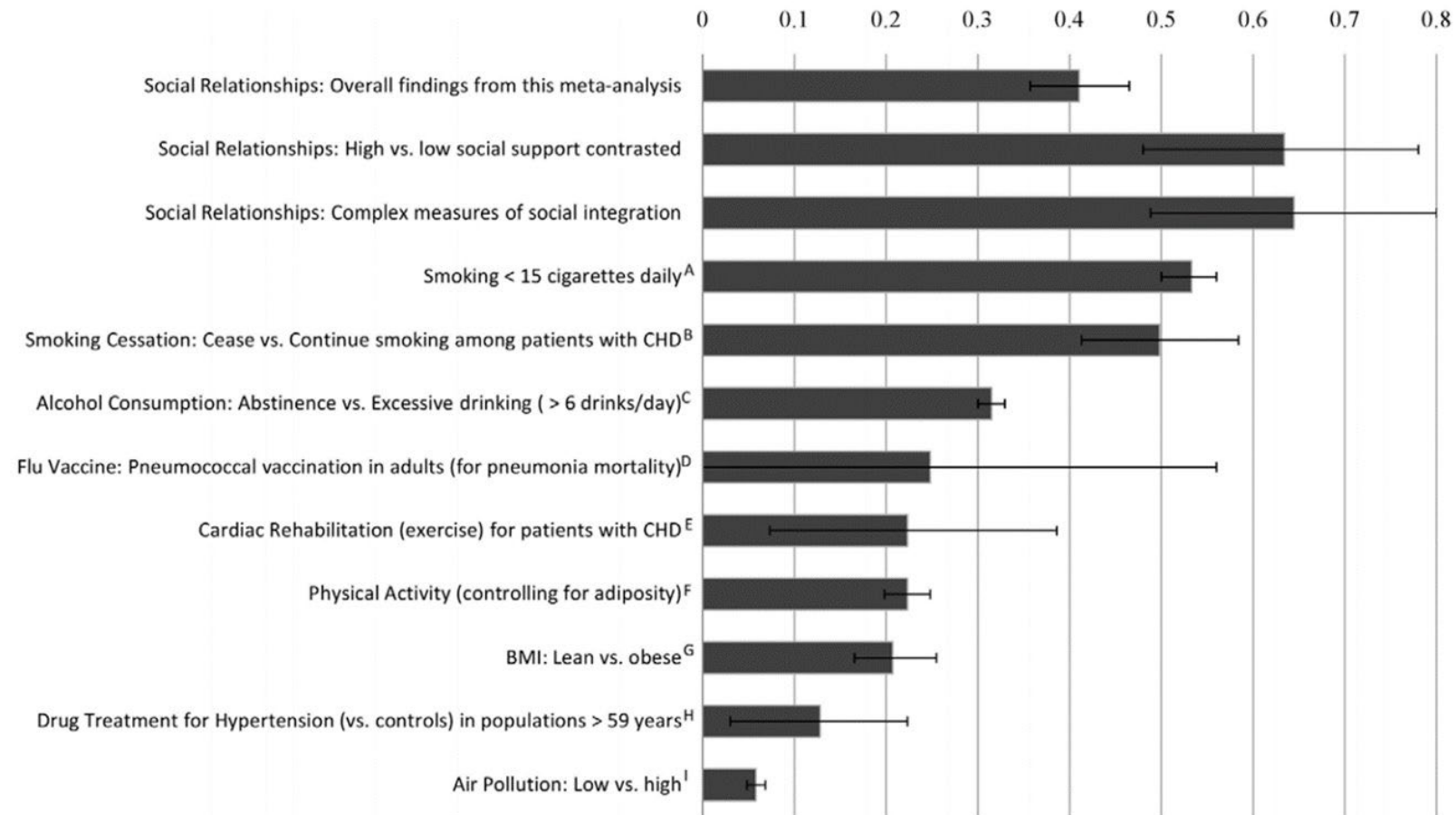
1. I am a caregiver
2. I want to support caregivers personally
3. I want to support caregivers in my professional role
4. Other

# The Importance of Care Connections

Impact on Health

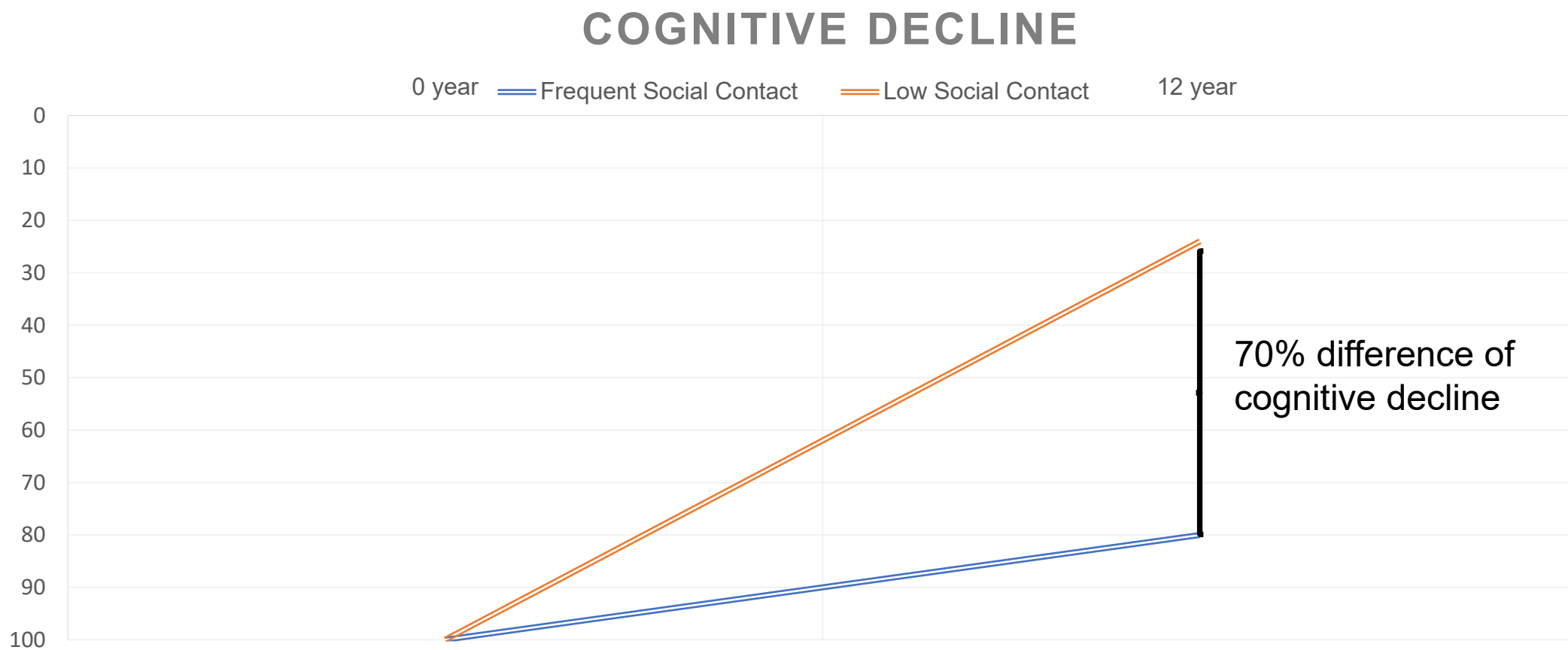


# Social Relationships Positively Impact Health





# Social Connections and Cognitive Decline in Seniors

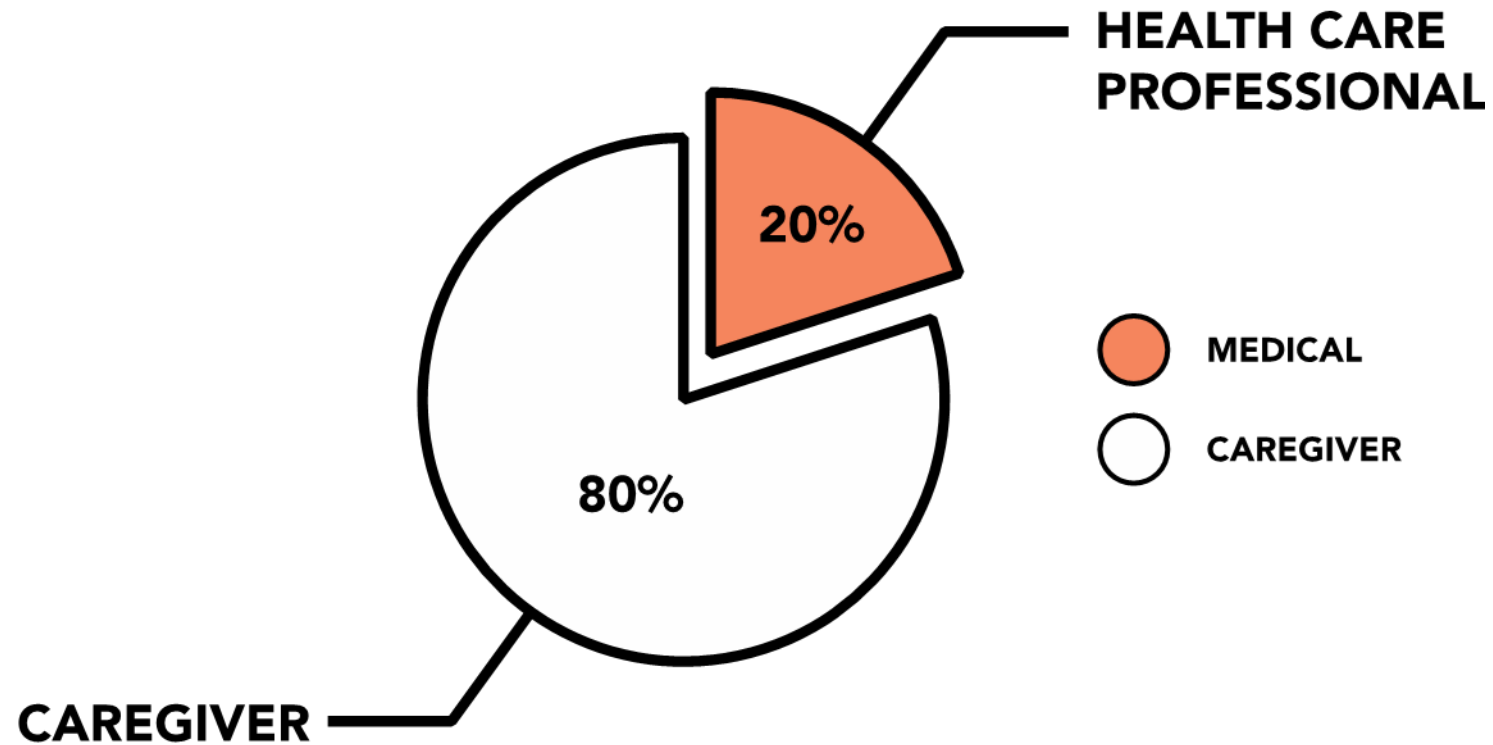


# The Importance of Care Connections

For Caregivers



# Who Provides the Care?



# Care Connections Program





# Overview of the Care Connections Program

**Purpose:** To support caregivers, empower every Canadian to better support the caregivers in their lives and to help strengthen the important social connections within our communities

**Target audience:**

- Anyone providing care
- Anyone\* who wants to support a caregiver or caregivers

\*This includes family, friends, neighbours, community, organizations and health care professionals

# Overview of the Care Connections Program (con't)

**What is included in the program:** A suite of free resources and activities to support the millions of Canadians who are caring for their family, friends, and members of their communities

## **Resources include:**

- Atlas CareMap Toolkit – Tools to build an Atlas CareMap
- Atlas CareMap Community Workshop Toolkit – Supports the map creation workshop
- Social Connections in Palliative Care
- LEAP Carers

# Atlas CareMap

Who do you care for and who cares for you?



# Atlas CareMap – Built from Research

The Atlas CareMap™ tool was created by Atlas of Care in the United States

The tool was the result of several research projects

1. A pilot study to explore how a new approach to research could enable a truly comprehensive look at family caregivers' lives
2. Piloting the tool in the community – Mapping Santa Barbara
  - Participants expressed how powerful it was to see their caregiving experience visually
  - Participants were inspired to help others create their map

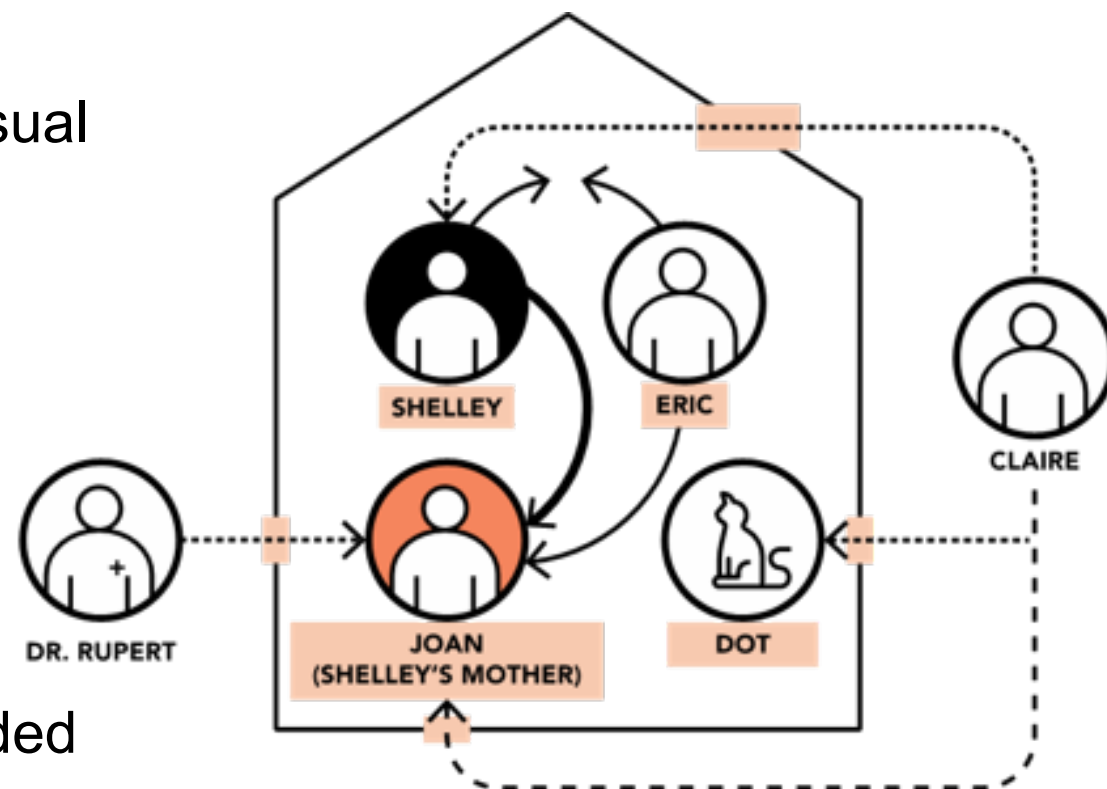
\*Pallium has worked with Atlas of Care to build on or adapt their work to further scale and spread the Atlas CareMap tool for the Canadian Context

# Atlas CareMap – an Essential Tool

**What is a Care Map?** A Care Map is a simple, visual diagram of the people involved in providing care.

It helps to...

- Increase the understanding of a caregiver's experience
- Strengthen a support network
- Organize caregiving tasks and activities
- Highlight areas where additional support is needed

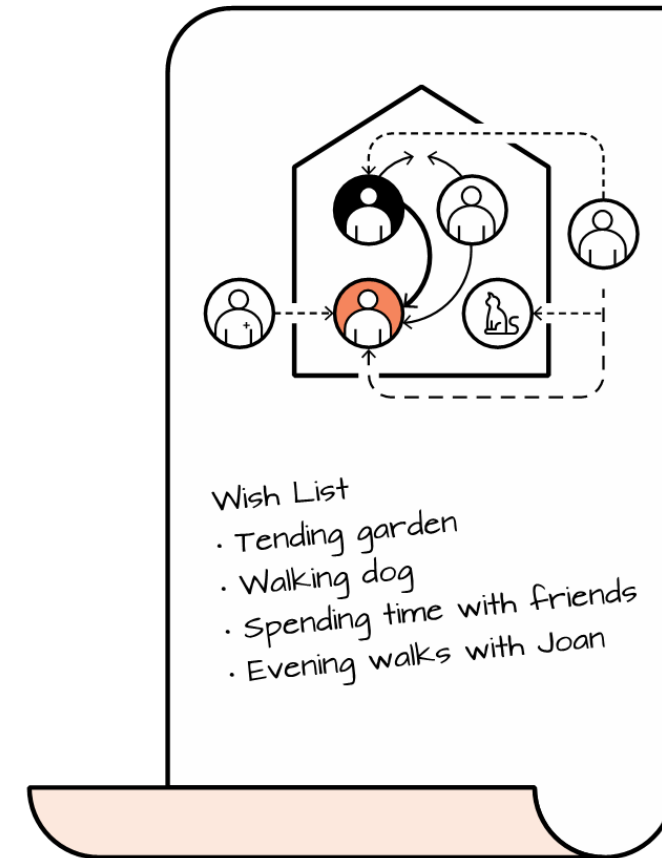


**Essential tool within the program**

# Atlas CareMap – How to Use a Map

Once a map is created – put it to work

- Create a “Wish List” highlighting areas for additional support
- Share it with
  - Family
  - Friends
  - Health care professionals
  - Neighbours



# Engage with the Care Connections Program

Who and how



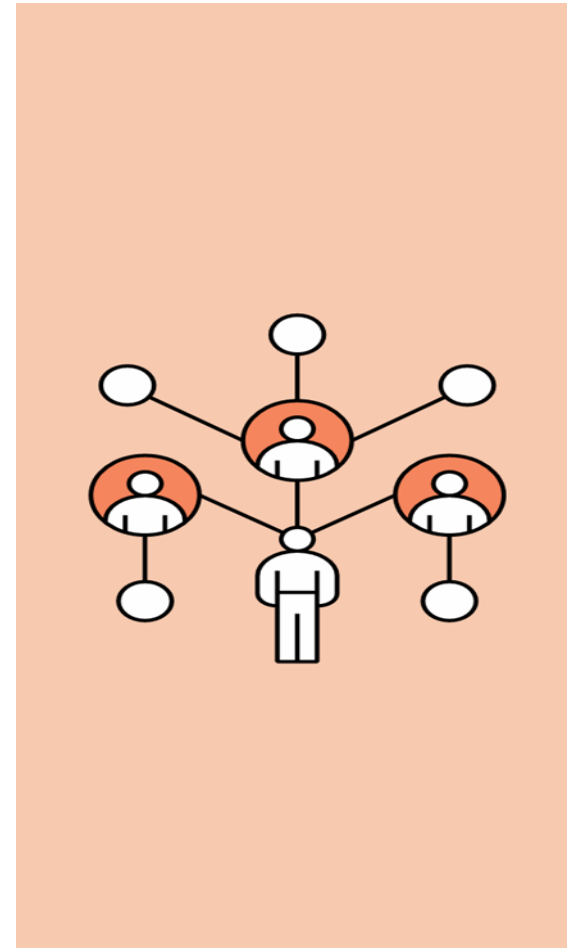
# Program Target Audience

Primary audience:

- Caregivers
- Friends
- Family
- Health Care Professionals

Secondary audience:

- Community centers
- Caregiver organizations
- Employers
- Anyone who wants to increase how supported caregivers' feel





# How to Engage with the Program - Caregivers

Learn more about the resources within the Care Connections Program

Learn how to draw your Atlas CareMap

- Share your map with family, friends, neighbours, health care professionals

Learn more about LEAP for Carers

# How to Engage with the Program – Anyone Who Wants to Support Caregivers

Learn more about the resources within the Care Connections Program

Learn how to draw an Atlas CareMap

Help the caregivers around you draw their map

Host an Atlas CareMap Community workshop to increase the awareness of the Atlas CareMap tool in your community or with the people you support

Spread the word about the Care Connections Program

# How to Engage with the Program – Health Care Professional

Learn more about the resources within the Program

Learn how to draw an Atlas CareMap

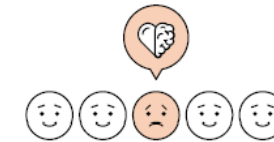
Use the Atlas CareMap in your practice

- Support the creation of their map
- Reflect on the map together
- Help connect them with additional support where needed

Host an Atlas CareMap workshop to increase the awareness of the tool



Atlas CareMap Fact Sheet



1 in 5 caregivers said that their "physical and emotional health has suffered" in the last 12 months as a result of their caregiving responsibilities.<sup>1</sup>



1 in 4 Canadians provide informal care to a family member or friend.<sup>2</sup>



## WHAT IS A CARE MAP?

A Care Map is a simple, visual diagram of the people involved in providing care to a caregiver and care recipient. It includes family, friends, and health care professionals who may provide assistance or support, however big or small. A Care Map allows a person to visualize and easily understand the many different connections between the people involved in caring for someone.

# Learn How to Create an Atlas CareMap



# Atlas CareMap Workshop

Participate in one of the upcoming virtual **Atlas CareMap workshops**

We will be co-hosting the following virtual workshops to help you learn how to create a map

- *Atlas CareMap Workshop with Compassionate Communities Kingston*
  - Wednesday March 23, 2022 @ 6:00 – 7:30 pm ET
- *Atlas CareMap Workshop with The Dorothy Ley Hospice*
  - Tuesday March 29, 2022 @ 12:00 – 1:30 pm ET

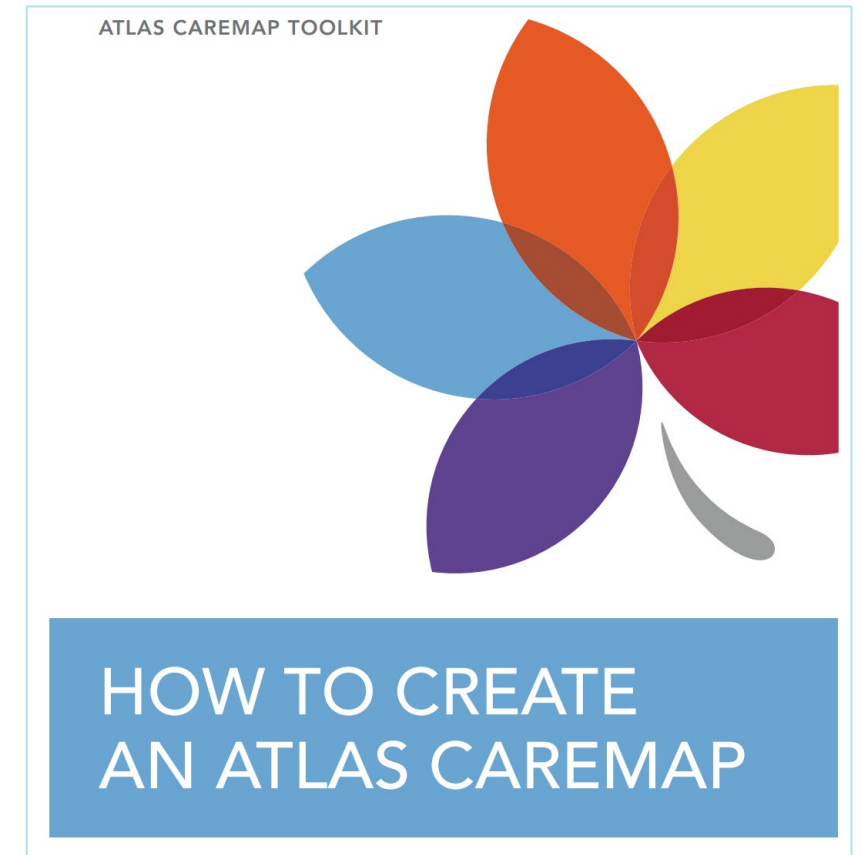
Register at: [www.pallium.ca/palliative-care-echo-project/](http://www.pallium.ca/palliative-care-echo-project/)

Find the link in the chat

# Atlas CareMap Toolkit

Download the Atlas CareMap Toolkit - its free!

- The toolkit will provide you with the following:
  - How to Create an Atlas CareMap
  - Atlas CareMap Building Questions
  - Atlas CareMap Definitions
  - Community Resources for Caregivers
  - Sharing Your Atlas CareMap with Family and Friends
  - Sharing Your Atlas CareMap with Health Care Professionals



# Key Take Aways

- Social connections
  - Impact on our health
  - Support caregivers
- Atlas CareMap™ is a visual tool that will
  - Increase the understanding of a caregivers experience
  - Highlights those in the support network
  - Highlights opportunities for additional support
- How to increase social connections with the Care Connections Program
  - Learn how to draw a map
  - Help caregivers draw their map
  - Host a workshop

Questions?



To learn more and access the program visit:  
**[www.pallium.ca/care-connections](http://www.pallium.ca/care-connections)**

# Thank You



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 Pallium Canada

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